

# Eat to Live Well

*Recipes for a Healthy Life!*



## **Tuscan Tuna Salad**

### **Ingredients:**

2 6oz cans of chunk light tuna, drained  
1 15oz can small white beans (your choice)  
10 cherry tomatoes, quartered  
4 scallions, trimmed and sliced  
2 Tbsp extra-virgin olive oil  
2 Tbsp lemon juice  
1/4 tsp salt  
Fresh ground pepper, to taste

### **Directions:**

Combine all ingredients in medium sized bowl. Stir gently. Refrigerate until ready to serve.

Submitted by employee

Nutrition Facts: 6 servings per recipe; per serving– 209 calories, 5g fat, .8g saturated fat, 295mg sodium, 20g Carbohydrate, 4.6 g fiber, 20.7g protein

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